

Getting On

Peartree Centre office
 Help and information
 01908 550700
 telephone enquiries

Advocacy
 01908 550700
 telephone support

Befriending & Walking
Befriending
 telephone calls and
 socially-distanced walks
 01908 557885

Deep Clean Service
 01908 557874
 return a property to a
 hygienic condition

Footcare Service
 toenail-cutting and more
 open as normal
 01908 557883

Friendship Clubs
 01908 550700
 temporarily closed

Fundraising team
 01908 266696
 please get in touch, we'd
 love to hear from you

Furniture store
 6 Burners Lane MK11 3HB
 closed for national
 lockdown

Visit our online shop
www.ageukmkshop.co.uk

01908 263838
Hospital Aftercare Service
 01908 996073/4
 essential support

Independent Living Service
 shopping, cleaning,
 gardening and
 handyperson, relief care
 sitting-service, toenail
 cutting in your home
 01908 557874

Info & Advice,
 incorporating community
 home visiting
 telephone service

LiveLife
 01908 973720
 regular support



Technology Help
 01908 550700
 telephone support

Registered charity 1079773

Age UK Milton Keynes,
 The Peartree Centre, 1 Chadds
 Lane, Milton Keynes MK6 3EB
www.ageukmiltonkeynes.org.uk

“It’s been a life saver”



Vivienne and volunteer Jan have been enjoying a socially-distanced walk together since November

Research* carried out by the national charity Age UK in August 2020 confirms that the coronavirus pandemic has exacerbated health inequalities. People with pre-existing long-term health conditions were more likely to report deteriorating health, and “shielders” most likely of all.

Losing the confidence to go out by yourself or developing a life-changing illness that prevents you staying active are two of the most common issues Age UK Milton Keynes Walking Befriending

Service can address. The Lockdowns have also made many people more anxious about leaving their home so having a friendly, supportive person to accompany you on a walk can be, in Vivienne’s words “a life saver.”

Vivienne [pictured above] says it is thanks to her GP putting her in touch with the Livelife team that Age UK Milton Keynes’ Befriending Co-ordinator Sam Snelus was able to introduce her to Jan. “I enjoy the fun of walking with someone. Sometimes I feel a bit weary, but we make the effort and I am so glad to have been. I always feel happier for Jan’s company,” says Vivienne. And Jan says “We both benefit from our weekly walks. Meeting Vivienne has improved my quality of life and I like to be useful.” Despite the restrictions of the past 13 months, Sam currently has 76 clients matched with a volunteer to accompany them on a walk in their local area, where it is safe to do so. Please visit our website for details of all the support we provide or if you are interested in volunteering. Or you can call us on 01908 550700.

* Online survey promoted through Age UK networks (Aug 2020) and representative online poll of older people (Kantar Aug - Sept 2020), details <https://www.activeoxfordshire.org/live-longer-better-event-informa>

Stay home and raise money for us



We’re aiming to knit 15,540 little woolly hats. Please send your hats to The Peartree Centre address.

There are many things you can do to help us carry on making a difference in Milton Keynes. We are looking forward to re-opening our shops in April but in the meantime you can visit our online shop at www.ageukmkshop.co.uk Or why not donate your unwanted furniture and good quality clothes and bric-a-brac by arranging a collection at <https://chooseyourslot.as.me/schedule.php> Or dig out your knitting needles and knit some little woolly hats for the Big Knit. Your support is more vital than ever.

Supporting independent living

When the guidance on shielding changed last July many older people felt more confident about having a home visit, so that by September our Independent Living Service was carrying out more than a thousand jobs every month. This subsequently dropped due to the Lockdown in November but we still completed over 800 jobs in December. Every statistic represents support that has made a difference to an older person in Milton Keynes. Whether we are collecting shopping from the supermarket or cleaning the bathroom, our staff continue to keep people safe and feeling valued.



Independent Living Assistant Rob collects essential supplies of PPE from The Peartree Centre in February.



Carrera Fensome [far right] is the new manager of our Independent Living Service. In December she and Sharon Kinge welcomed David and Nimesh of The Key Safe Company to The Peartree Centre to talk market research around product development. In a normal year we fit hundreds of key safes and are currently still fitting around 35 each month.



We've been totting up the money raised by our trustee Di Payne's fab fundraising Christmas Quiz: a magnificent £480 (so far). Thank you to everyone who gave it a go, especially joint winner Mike (with 48/50), seen here [left] accepting his prize from Oliver. Di is currently working on a second edition of her Lockdown Cookbook, kindly sponsored by Storey Homes, so if you have a tried and tested recipe you'd like to share, please send it in, using the contact details on the right.

Continuing to make a difference

Twice a week our volunteers brighten someone's day with the delivery of a freshly cooked meal and the chance to exchange a friendly word. Janet [pictured below with our volunteer Dick Evans] says "It's so good to speak to someone in person, if only briefly."



We are grateful to Morrisons, Sainsbury's, Asda and Grange Farm Co-op and Netherfield Co-op and to Fareshare, Faith Dimensions Church and Water Eaton Church Community Larder, and funding from The National Lottery's Community Fund, for their continued support of our Meal Delivery Service.



Oliver helps driver Richard unload another delivery.



The smile on Patricia's face says "Thank you for taking me to have my second covid vaccine dose, Lucy." Lucy works for our Hospital Aftercare Service, helping to provide what Joe Harrison of Milton Keynes University Hospital calls "outstanding help to the hospital over these very difficult times." Our team continues to take patients home after discharge and also telephones around 80 former patients every month to check on their wellbeing and to offer help where necessary.

Contact Getting On



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1 Chadds Lane, Milton Keynes MK6 3EB

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